

Physical Job Demands

Lewis Restoration LLC

Physical Demands and Working Conditions

LIFTING CATEGORIES

Definitions: Infrequently or 1% to 55% of the time. Frequently or 34% to 66% of the time

| | | |
|-----|--------------------|--|
| 40% | Light Lifting | Lifts 20 lbs. infrequently Lifts 10 lbs. or less frequently |
| 50% | Medium Lifting | Lifts 50 lbs. infrequently Lifts 20 lbs. or less frequently |
| 5% | Heavy Lifting | Lifts 100 lbs. infrequently Lifts 50 lbs. or less frequently |
| 5% | Very Heavy Lifting | Lifts in excess of 100 lbs. infrequently Lifts 50-100 lbs. frequently |

LIFTING REQUIREMENTS

Weight: Describe the weight, in pounds, of the heaviest item the employee is required to routinely handle.

During a normal shift, the average item lifted is 25 lbs. Lifted 2 times a(n) hour.

Frequency: Assessed percentage of time involved per 8-hour shift:

| <u>Lifting:</u> | <u>Weight</u> | <u>Frequency</u> | <u>Comments</u> |
|-------------------------|---------------|------------------|-----------------|
| a) Above shoulder | 20-50 lbs | 34-64% | Varies per Job |
| b) Desk to chair level | 10-20 lbs | 34-64% | Varies per Job |
| c) Chair to floor level | 10-20 lbs | 20%-33% | Varies per Job |

Carrying: Boxes, furniture and debris

Pushing: Height of item: 5ft 20+ lbs 10-19% Varies per Job

Pulling: Height of item: 5ft 20+ lbs 10-19% Varies per Job

ENVIRONMENT

Frequency: Assess percentage of time involved per 8-hour shift:

| | <u>Frequency:</u> | <u>Comments:</u> |
|---------------------|-------------------|------------------|
| % Time Inside | 70% | Varies per Job |
| % Time Outside | 20% | Varies per Job |
| % Time in a Vehicle | 10% | Varies per Job |

PHYSICAL DEMANDS

Frequency: Assessed percentage of time involved per 8-hour shift:

| | Frequency: | Comments: |
|-------------------------|------------|----------------|
| Climbing | 34-64% | Varies per Job |
| Balancing | 20-33% | Varies per Job |
| Sitting | 34-64% | Varies per Job |
| Standing | 34-64% | Varies per Job |
| Walking even surfaces | 34-64% | Varies per Job |
| Walking uneven surfaces | 34-64% | Varies per Job |
| Running | 1-9% | Varies per Job |
| Repetitive motions | 67-100% | Varies per Job |
| Twisting | 10-19% | Varies per Job |
| Bending | 67-100% | Varies per Job |
| Kneeling | 20-33% | Varies per Job |
| Reaching forward | 34-64% | Varies per Job |
| Firm Grasping | 34-64% | Varies per Job |

EXPOSURES

| | Frequency: | Comments: |
|---------------------|------------|----------------|
| Chemicals | 67-100% | Varies per Job |
| Gases | None | |
| Infectious Diseases | None | |
| Radiation | None | |
| Noises | 67-100% | Varies per Job |
| Vibrations | 34-64% | Varies per Job |
| Dust | 67-100% | Varies per Job |
| Mechanical Hazards | 20-33% | Varies per Job |
| Electrical Hazards | 20-33% | Varies per Job |
| Hot | 34-64% | Varies per Job |
| Cold | 34-64% | Varies per Job |
| Wet | 34-64% | Varies per Job |
| Dry | 34-64% | Varies per Job |
| Mold | 34-64% | Varies per Job |
| Soot | 34-64% | Varies per Job |

I hereby state that I have read the aforementioned job description and the physical job demands described above. By signing below, I am verifying I can perform all the functions of the described job.

Signature

Print Name

Date